

FITNESS

A SAMPLE WALKING PROGRAM FOR BEGINNERS

Week	Warm-up	Target Zone	Cool-Down	Total Time
	Normal Walking	Brisk Walking	Normal Walking	
1	5 Minutes	5 Minutes	5 Minutes	15 Minutes
2	5 Minutes	7 Minutes	5 Minutes	17 Minutes
3	5 Minutes	9 Minutes	5 Minutes	19 Minutes
4	5 Minutes	11 Minutes	5 Minutes	21 Minutes
5	5 Minutes	13 Minutes	5 Minutes	23 Minutes
6	5 Minutes	15 Minutes	5 Minutes	25 Minutes
7	5 Minutes	18 Minutes	5 Minutes	28 Minutes
8	5 Minutes	20 Minutes	5 Minutes	30 Minutes
9	5 Minutes	23 Minutes	5 Minutes	33 Minutes
10	5 Minutes	26 Minutes	5 Minutes	36 Minutes
11	5 Minutes	28 Minutes	5 Minutes	38 Minutes
12	5 Minutes	30 Minutes	5 Minutes	40 Minutes

Starting the walking program

- Participants are to walk at least three to four times a week for each week listed.
- Check your pulse periodically to see if you are within your target zone. As you get more in shape, try to be within the upper range of your target zone. Gradually increase your brisk walking time to 30 to 60 minutes, three to four times a week.

How to calculate your target zone?

Make your walking program more challenging by reaching your target heart range. Target range may vary for people taking certain medications. To find your target range, take your pulse twice during your walk. Do this by gently pressing your index and middle fingers on the inside of your wrist. Count the beats for 10 seconds and multiply by 6. Adjust your pace to keep your heart rate within your target range. **Please check with your physician before starting any exercise program.**

Age	Target Range – Beats per Minute (60 – 80% of maximum heart rate)
25	117 – 156
30	114 – 152
35	111 – 148
40	108 – 144
45	105 – 140
50	102 – 136
55	99 – 132
60	96 – 128
65	93 – 124
70	90 – 120

